

# Pregnancy Advisory Service

Noarlunga Hospital

---

## Patient Information Pack

This pack includes information and resources for clients requiring medical or surgical terminations of pregnancy at Noarlunga Hospital.

### SALHN

- [Noarlunga Hospital booking information](#)
- [Domestic and Family Violence fact sheet](#)

### External

- [Counselling Services brochure](#) (CALHN)
- [Choices in Contraception brochure](#) (Shine SA)

*Note: This information does not replace clinical advice, so please speak with your General Practitioner or the Women's Health Clinic on (08) 8204 5511 if you require further information.*

## For more information

Family Advisory Service  
Noarlunga Hospital  
Alexander Kelly Drive, Noarlunga Centre, South Australia  
Telephone: 8384 9233  
[www.sahealth.sa.gov.au/SALHN](http://www.sahealth.sa.gov.au/SALHN)



<https://creativecommons.org>



This document has been reviewed and endorsed by consumers.

# Pregnancy Advisory Service (PAS)

The service at Noarlunga Hospital offers early medical terminations (less than 9 weeks) or surgical terminations (less than 14 weeks).

A medical termination consists of one appointment.

A surgical termination may consist of two appointments. This may not always be in the same week.

At Noarlunga Hospital the clinic is in the Outpatient Clinic.

## Before your appointment

You do not need an ultrasound before your appointment, but if you have had one, please bring the results to your appointment.

You are required to have a blood test and provide a urine specimen before the day of your appointment, preferably 3 days prior, however not more than a week. You will need to attend a SA pathology collection centre for the blood test, and your request form will be sent electronically to them. Please **DO NOT** go to other pathology providers as they will not have the pathology request form. If your blood test results are not done before your appointment date, your appointment may need to be rescheduled to another day.

Counselling is available on the day of your appointment. If you would like to speak with a social worker before the day of your appointment, phone 8204 5511 between 9am and 4pm and ask for the social work department. Support and resources are provided confidentially.

## Cancelling your appointment

If you need to cancel your appointment, please call 8384 9233. This allows for the waitlist to be booked. Due to confidentiality, you are the only person who can cancel your appointment.

## Preparation for appointment

A surgical procedure may be scheduled on the afternoon of your appointment – theatre time permitting (due to preferred choice, medical history, or gestation).

Please come prepared: Shower at home on the morning of your appointment and do not apply moisturiser, deodorant, powder or make up. Remove all nail polish and jewellery (a wedding ring is permitted). Wear comfortable clothes appropriate for surgery and please bring sanitary pads with you. Please bring the contact details of the person who will take you home and stay with you for the first 24 hours following the anaesthesia.

**Fasting:** You may have a light breakfast in the morning before 6am (cup of tea/coffee – small amount of milk - and two slices of toast). After 6am do not eat anything; this includes sweets and chewing gum. You may continue to sip water only up until 10am. Do not smoke or drink alcohol from the evening prior to your appointment.

## On the day of your appointment

Please arrive on time for your appointment and allow time to find a carpark.

## Please bring to your appointment...

- Medicare card, Healthcare card, Pension or Concession card details
- You can bring a support person with you, but we ask that you **do not bring children** with you to your appointment.
- Any notes given to you from your doctor.
- Any medications that you are currently taking, including inhalers.
- **NOTE:** you do not need a referral for this service.

## What to expect at your appointment

At your appointment you will meet several members of the health care team. You can expect to be at the clinic for up to four hours.

A social worker is available for counselling.

An ultrasound scan to determine which procedure you can have will be performed.

Your options and procedures will be discussed, along with any risks explained. Your consent will be obtained after these discussions.

## Medical Termination

You will be provided with the necessary medication for your termination and given clear instructions on when to take the medication. The medication is taken over two days.

You will be required to have a follow-up home urine test, 21 days after your termination.

## Surgical Termination

You will attend the Day of Surgery Admission (DOSA) unit for 3-4 hours on the day of your procedure (usually Friday afternoon). You are required to have an adult drive you home and to remain with you for 24 hours after your procedure. You will not be able to drive for 24 hours after the procedure due to having an anaesthetic.

More detailed information about your options is available on [www.know4sure.org.au](http://www.know4sure.org.au) or [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

(search Unplanned Pregnancy) or [www.shinesa.org.au](http://www.shinesa.org.au) or [www.childrenbychoice.org.au](http://www.childrenbychoice.org.au)

The following is a comparison between the medical and surgical procedures.

Medical termination For a pregnancy less than 9 weeks	Surgical termination For a pregnancy up to 13 weeks
Is available from 5½ weeks pregnant.	Is only available if more than 6 weeks pregnant.
Most effective for a pregnancy less than 9 weeks.	Most effective for a pregnancy of more than 7 weeks.
Resembles a natural miscarriage.	Involves inserting a tube into the uterus to remove the contents.
Termination process lasts 1 to 2 days.	The operation procedure is complete within 10 to 15 minutes.
One appointment, which may last up to 4 hours.	Procedure is usually on the same day as initial appointment, however you may require a second appointment depending on circumstances. You will be at the hospital for 3-5 hours for the procedure.
You are required to have an adult stay at home with you during the termination process.	The termination occurs in a health facility. You are required to have someone collect you from the health facility and stay with you overnight after the anaesthetic.
May be painful for a few hours or more following the use of Misoprostol. Pain medication will be provided.	Mild pain may be experienced after the procedure when the uterus contracts.
Longer period of bleeding. Possibly up to several weeks.	Shorter period of bleeding 1 to 2 weeks.
Anaesthesia is not needed.	Pain medication, light sedation and anaesthesia are required for the procedure.
Severe complications are rare.	Severe complications are rare.

**IMPORTANT INFORMATION: IF YOU DO NOT HAVE A MEDICARE NUMBER**

Please be aware that there are costs associated with your procedure. Contact your health insurance company before you attend your appointment to see what your costs will be. Flinders Medical Centre requires up-front payment. Finance will phone the day prior to your appointment via a 'No ID' number to identify you. Finance will then send an SMS payment link. You will be required to show your payment receipt on presentation to your appointment.

Approximate costs

Medical termination	Surgical termination
One outpatient appointment at \$364	One outpatient appointment \$364
Medication \$340 (Approx)	Surgical fees including Anaesthetist \$4006
TOTAL APPROX \$704	TOTAL APPROX \$4370

**Please note:** Additional follow up appointments and social work counselling will attract additional costs. If you are not claiming on your Private Health Insurance the prices above are approximate. If using Private Health Insurance, you may receive an extra payment account from the operating doctor.

Item numbers

Surgical termination under twelve weeks pregnant	CMBS 35640-03
Surgical termination over twelve weeks pregnant	CMBS 35643-03

There are no item numbers for medical termination

**Please note:** from July 1st each financial year costs may incur an increase.

**For more information**

Women’s Health Clinic  
 Flinders Women & Children  
 Flinders Medical Centre  
 Bedford Park SA 5042  
 Telephone: 08 8204 5511  
[www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)



This document has been reviewed and endorsed by consumers.

# Domestic and Family Violence Support options

Domestic and Family Violence is common in Australia – one in three women have been victim to it, and one woman is killed each week by a partner. A person of any age, belief, ethnic or social status can be abused. Any person can be abused, but most abuse is by men against women.

Abuse can be:

- **Physical** – a hit, punch, slap, and/or push.
- **Sex** – rape or force you to have sex or do sex acts you don't want to do, make sexual comments or touch without consent.
- **Feelings** – to yell, put you down, make you feel stupid, swear at you, or call you names.
- **Control** – to stop you from being with family and friends or going to special events.
- **Finance** – to keep money from you, not allow you to have money of your own.
- **Threat** – using power over you to get you to do things you don't want to do.
- **Tech** – harass or pretend to be you online.

If you (or a person you know) needs help, there are supports you can contact:

**Call 000 if you are in danger and need help now.**

## South Australian Domestic Violence Crisis Line

Ph 1800 800 098 (24 hours)

[www.womenssafetyservices.com.au/](http://www.womenssafetyservices.com.au/)

Provides info, advice, and a safe place to stay.

## Yarrow Place Rape and Sexual Assault Service

Ph 8226 8777 or 1800 817 421

[www.wchn.sa.gov.au/our-network/yarrow-place](http://www.wchn.sa.gov.au/our-network/yarrow-place)

Free service for people over 16 years of age who have been victims of sexual assault.

## 1800RESPECT

Ph 1800 737 732 (24 Hours)

[www.180orespect.org.au](http://www.180orespect.org.au)

Phone advice and support

## Relationships Australia SA Family and Domestic Violence Support Services

Ph 1300 364 277

[www.rasa.org.au/services/fdv/](http://www.rasa.org.au/services/fdv/)

In person advice and support.

## Uniting Communities

Ph 1800 615 677

[www.unitingcommunities.org/service/counselling/domestic-and-family-violence](http://www.unitingcommunities.org/service/counselling/domestic-and-family-violence)

Advice and support for women who are victims of abuse.

One on one advice and group programs for men seeking to change their behaviour.



This document has been reviewed and endorsed by consumers.